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HOUSEKEEPERS' CHAT Friday, March 4, 1932.

(NOT FOR PUBLICATION)

Subject: "A Fish Dinner for Friday," Information approved by the Bureau of Home Economics, U. S. D. A.

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That pleasant, old-fashioned custom of household mottoes hasn't entirely disappeared even in these sophisticated times, I'm glad to report. For only this morning came a letter in my mail asking if I could suggest a nice verse or legend for a kitchen wall. I remember a little verse I read somewhere not long ago. How would this do? It's called, "To a Kitchen."

"Singing kettles, shining pans,
Happy hearts and busy hands.
May every day in every year,
Bless this room
With homely cheer."

And, while we're on the subject of happy kitchens, here's a helpful hint from a friend of mine. She has what she calls a little cleaning cabinet in the wall above her kitchen sink. In it she keeps cleaning supplies--those useful but not ornamental items like scouring materials, soap, brushes and son. These she keeps together in the handy cabinet out of sight instead of scattered here and there on sink, shelves and drainboard. This helps keep her kitchen convenient and orderly.

But the subject for today was a fish dinner, wasn't it? And if I really get started talking about kitchens, I'll be off for the day, and you'll never hear about the dinner menu. So let's turn our thoughts to fish, a food that deserves to be used more on our dinner tables. It's a valuable food and usually inexpensive.

There was a time when little Johnny was told to eat his fish because it would help his brain grow. Many people actually believed that fish was brain food and ate it for that reason. But that's not why I'm urging you to have it on your menus frequently. I sing the praises of fish because, if you prepare and cook it properly, it makes so many delicious main dishes and because it adds variety to meals. For protein food, it is often very inexpensive. Then, there's the point about iodine. Salt water fish and shellfish contain more iodine than any other common food. So, all in all, fish, whether, fresh, frozen or canned, is a healthful, wholesome and economical food.

If you go marketing for fish these days, you can take your choice of buying it fresh, canned or frozen. And you can buy it, if you like, all cleaned, boned and made ready for immediate use. Or, if you prefer, buy the fresh fish whole and clean, dress, and bone it yourself. Because of the improved methods of modern refrigeration, fresh fish can be handled better than ever before.

You can also buy fish in the fillet form. That means the meat minus head, scales, tails, fins and bones. Haddock, cod, halibut, flounders, sole and other varieties are all now being marketed as packaged fillets.

If you live inland, you can buy a large variety of sea fish shipped frozen. The frozen fish fillet is a recent development in packaged fish. Frozen fish can be cooked just as they come from the package in the same way as fresh fish.

Finally, there is canned fish to depend on for your fish dinner. Such a variety of fish is now to be had from the grocer's shelves--canned salmon, tuna, mackerel, codfish, crab, salad fish, haddock, herring, sardines, shrimp, and many others, all ready to make up into quick dishes.

For our Friday dinner, we're having our fish broiled or panned, That means fresh or frozen fish. The Recipe Lady, who went to market yesterday, reports that good buys at present for broiling or panning are Spanish mackerel, hard head, rock fish, butterfish and fresh sea bass. That is what her market offers. Your market will probably have different selections, so you'll have to choose your own fish. But I can tell you how to broil it.

First, you have the fish split down the back. Wipe it clean and remove any scales and the head and tail if desired. Lay the fish skin side down on a greased shallow pan. If you have an oily type of fish like halibut or mackerel you won't need to add fat for cooking. But if your fish is lean like bass or butterfish, enough fat should be added to season well. Now place the fish under the flame in a broiler at moderate heat and cook for 20 to 30 minutes.

When nicely browned, slip the broiled fish carefully onto a hot platter, season it with salt and pepper, pour on the drippings, garnish with cress or parsley or sliced lemon and serve at once.

What if the fish is very large and thick and you're afraid it may not get thoroughly done in 30 minutes under the broiler. Then, heat it for 15 to 20 minutes in a moderate oven before putting it under the broiler flame.

You can broil either fillets, slices of fish or whole small fish under the direct flame this way. Many people like special sauces with broiled fish. Hollandaise sauce goes well with it; so does Tartare sauce, egg sauce, tomato and Spanish sauce or lemon butter sauce.

So much for the way to broil fish. If you want to have those directions down in black and white before your eyes, turn your green cookbook to page 31 and there at the bottom of the pages is a recipe for broiled fresh fish.

Now are you ready to take down the whole menu? Broiled or panned fish; Creamed potatoes with chopped parsley; Lettuce and cucumber salad; Corn bread; and, for dessert, lemon pie.

If you find it hard to get fresh cucumbers in your market, the menu could be changed to lettuce and tomator jelly salad. But I couldn't resist putting the cucumbers, since they always seem the perfect accompaniments to fish. Corn bread is something elese I walways want with fish. And, for dessert, after a fish first course, well, don't you feel the need of something tart. That's why lemon pie seems to hit the spot.

Would you like directions for making excellent egg sauce for fish? This recipe is short. If you're ready with a pencil you can take it down in a jiffy. Seven ingredients and I'm going to read them slowly.

4 tablespoons of melted butter
3 tablespoons of flour
1/4 teaspoon of salt
2 cups of milk
2 hard-cooked eggs
1 tablespoon of lemon juice, and
Pepper

I'll repeat those. (repeat.)

Blend the fat, flour and salt. Add the milk and stir constantly until thickened. Chop the eggs and add to the sauce with the lemon juice and pepper to season. A well-beaten egg yolk, stirred into the mixture after it is taken from the fire, makes it richer.

That's all about the fish dinner. Monday is saving day again and I've collected a good supply of economy ideas which I hope will be of help to you.